

# HEALTH ALERT

The Vermont Department of Health recommends that people limit consumption of some fish caught in Vermont waters.

The advisory is based on tests of hundreds of fish caught in Vermont waters in the past 10 years and scientific information about the harmful effects of mercury and, in the case of large lake trout in Lake Champlain and all fish in the Hoosic River, PCBs (polychlorinated biphenyls).

To minimize exposure to these potentially harmful contaminants and to protect your health, follow the guidelines below when eating fish caught in Vermont. Eating the total monthly limit within a single week is not recommended. One meal equals 8 ounces of raw fish fillet.

GENERAL ADVISORY:

- Brown Bullhead
- Pumpkinseed
- Walleye
- Lake Trout
- Smallmouth Bass
- Chain Pickerel
- American Eel
- Largemouth Bass
- Northern Pike
- Brook Trout
- Brown Trout
- Rainbow Trout
- Yellow Perch
- All Other Fish

SPECIAL ADVISORIES:

- Lake Carmi - Walleye
- Lake Champlain - Lake Trout (larger than 25 inches)

- Hoosic River - All Fish
- Deerfield Chain (Grout Pond, Somerset Reservoir, Harriman Reservoir, Sherman Reservoir, and Searsburg Reservoir)

- Brown Bullhead
- Brook Trout
- Rainbow Trout
- Brown Trout (smaller than 14 inches)
- Rock Bass
- Rainbow Smelt
- Yellow Perch
- Brown Trout (larger than 14 inches)
- All Other Fish

- 15 Mile Falls Chain (Comerford Reservoir and Moore Reservoir)
- All Fish

- 15 Mile Falls Chain (McIndoes Reservoir)
- Yellow Perch

- All Other Fish

Women of childbearing age — particularly pregnant women, women planning to get pregnant, and breastfeeding mothers — and children age 6 and under	All other individuals
No Advisory	No Advisory
0 Meals	No more than 1 meal/month
No more than 1 meal/month	No more than 3 meals/month
No more than 2 meals/month	No more than 6 meals/month
No more than 3-4 meals/month	No Advisory
No more than 2-3 meals/month	No more than 9 meals/month
No more than 4 meals/month	No Advisory
0 meals (includes all children under 15)	No more than 1 meal/month
0 meals	0 meals
No Advisory	No Advisory
No more than 1 meal/month	No more than 3 meals/month
0 meals	No more than 1 meal/month
0 meals	No more than 2 meals/month
No more than 2 meals/month	No more than 6 meals/month
No more than 1 meal/month	No more than 3 meals/month



For more information call 1-800-439-8550  
The Vermont Department of Health